



# Therapy Games: Creative Ways to Turn Popular Games Into Activities That Build Self-Esteem, Teamwork, Communication Skills, Anger Management, Self-Discovery, and Coping Skills

By Alanna Jones

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## Therapy Games: Creative Ways to Turn Popular Games Into Activities That Build Self-Esteem, Teamwork, Communication Skills, Anger Management, Self-Discovery, and Coping Skills By Alanna Jones

In this book you will find 102 new and exciting ways to turn ordinary games into Therapy Games. Each game used in the book comes with five or more ways to make simple changes that create a new and unique therapeutic experience. In addition to the 102 game options, there is also a section on how playing the game itself without any changes can have therapeutic value. Each game also comes with Discussion Prompts to add to the therapeutic experience of the game.

You will find a chapter for each of the following games or game supplies: APPLES TO APPLES, OPERATION, TABOO, CHUTES AND LADDERS, MONOPOLY, THE UNGAME, JENGA, LET'S GO FISHIN', RORY'S STORY CUBES, SCRABBLE or BANANAGRAMS, IMAGINIFF, Cards and Dice, Jigsaw Puzzles, and Foam Balls.

Just pull a game off the shelf, follow the directions found in this book, and occasionally add some simple items like paper and pens. You're now ready to play fun, engaging, and brand new therapy games!

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#### About the Author

Alanna Jones is the author of the popular book *104 Activities that Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, and Coping Skills*. She has also authored several other game books with over 200,000 copies of her books sold. For her complete biography see her Amazon Author Page.

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